



# INDEPENDENCE HOUSE, INC.

Cape Cod's leading resource, counseling and advocacy center to address and prevent domestic and sexual violence

*Promoting Safe and Healthy Relationships*

## Emotional Well-Being Support Group

**When: Beginning Tuesday November 2nd from 4pm-5pm**

**Where: Hyannis Location. 160 Bassett Lane Hyannis, MA 02601**

**Facilitated by: Alyssa (x234) and Molly (x229)**

All services are free and confidential. An intake must be completed prior to the start of group. Space is limited to 5 group members. Please call Alyssa or Molly to sign up.

This free **8-week** support group for women who have experienced domestic violence will provide a safe environment where group participants can share and heal with the support of other survivors.

### Key topics in the group series will include:

- Self Esteem
- Healthy vs. Unhealthy Relationships
- Stress Management
- Boundaries
- And much more!

